

VOICE OF EXPERIENCE

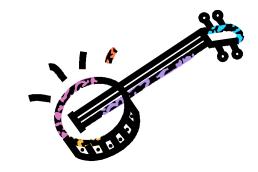
COON RAPIDS
SENIOR SERVICES

11155 ROBINSON DRIVE NW COON RAPIDS, MN 55433 763-767-6473

DINNER SHOW

THE BANJO BOYS

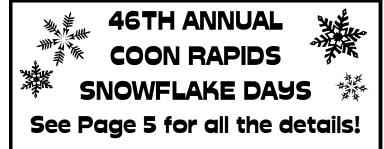
With "Mr. Bones" Jack Frost
MONDAY, FEBRUARY 1



Get ready for a fun morning with the Banjo Boys! This quartet has played at a variety of venues in the Twin Cities area, and you'll love the old time tunes from the 20's, 30's and 40's. They play banjos, drums and bass and their style includes country, Dixieland, oldies and maybe even some familiar music for sing-alongs. Doors open at 10:30 a.m. and the show starts at 11:00 a.m. Then we'll enjoy a delicious noon dinner, including Swedish Meatballs, Penne Pasta, Two Tone Beans, Pineapple Rings, Whole Wheat Bread and a special Dessert. The cost is \$8.00 and needs to be paid before Friday, January 22. Registration for this event begins at 9:00 a.m. on Monday, January 4, in person or by calling (763) 767-6473. (Please note that you may be asked to fill out a Senior Dining NAPIS form, if we don't have a current one on file. Thanks!)

THE SENIOR CENTER WILL BE CLOSED

JANUARY 1: NEW YEAR'S DAY
JANUARY 18: MARTIN LUTHER KING HOLIDAY
FEBRUARY 15: PRESIDENT'S DAY



HELP KEEP OUR SENIOR CENTER HEALTHY!

As the flu and cold season approaches, please remember to wash your hands and use good judgment and stay home if you are sick! Thanks!



TAX HELP!

TUESDAYS & WEDNESDAYS (FEBRUARY 2—APRIL 14) 8:30 A.M.—NOON

For Seniors, Disabled Adults
or Households with Low to Moderate Income

FREE! NO APPOINTMENTS! FIRST COME, FIRST SERVE. COON RAPIDS CIVIC CENTER

ANDERSEN WINDOWS TOUR WEDNESDAY, JANUARY 20



Andersen Corporation is a privatelyowned business that was founded in 1903 by Danish immigrant Hans Andersen and his family. Today the company is headquartered in Bayport; the 2.8 million-square foot facility cover 65 acres. Andersen an-

nually manufactures more than six million wood windows and doors, with sales worldwide. Tour their headquarters where they will show the production of the raw material process to the finished product. There is a lot of walking and closed shoes are required. After the tour, lunch will be at the nearby Lake Elmo Inn. Choose one of three sandwiches (Reuben, Chicken Portabella Melt, or California Turkey Sandwich). All sandwiches are served with choice of french fries, coleslaw, cup of soup or salad of the day. Beverages are included.

Sign Up: Begins at 9:00 on Monday, Jan. 4

Cost: \$33.00

Payment Deadline: Monday, January 11

<u>Bus</u>: Departs at 8:15/Returns at 2:15

TOURCO TRAVEL COMPANY PRESENTS DIRECT FROM BRANSON

CLAY COOPER & FAMILY

AT THE ST. CROIX EVENT CENTER THURSDAY, JANUARY 28

Enjoy an exceptional Branson show at the St. Croix Event Center in Turtle Lake, Wisconsin. Clay Cooper, born to a musical family, has performed in many shows including the Ozark Jubilee, Country Tonite, the Buck Trent Show and has had his own show for several years. Clay, along with his wife and children and Matt Gumm, the show's comedian, will give an outstanding performance. Five year old Colt Cooper will bring down the house. He is truly a "STAR"!!

Besides the show, the trip also includes a full sitdown, plated lunch, \$5.00 back at the casino, 3 hours of gaming time, deluxe motor coach and a Tourco Tour Manager.

Sign Up: Begins at 9:00 on Monday, Jan 4

<u>Cost</u>: \$ 39.00

Payment Deadline: Thursday, Jan. 14 **Bus**: Departs 8:00 a.m./Returns 6:00 p.m.



NUNSET BLVD

WEDNESDAY, FEBRUARY 3

Get ready for the World Premiere of the latest show with our favorite nuns! This time they've been invited to sing at the Hollywood Bowl, only to find out later it is a bowling alley with a cabaret lounge—not the famed "Bowl" they had anticipated. In performing their variety show, the sisters have to contend with announcements from the bowling alley public address system, as well as the activity on the lanes. Guaranteed to make you laugh! We'll start in the dining room with a delicious dinner that you can choose off their menu. Then we'll move to our excellent seats in the Fireside Theater for the performance.

Sign Up: Begins at 9:00 on Monday, Jan. 4 Cost: \$ 56.00

Payment Deadline: Friday, January 15 **Bus**: Departs 10:30 a.m./ Returns 5:00 p.m.

SCENIC MISSISSIPPI RIVER TOWNS

WEDNESDAY, FEBRUARY 10

Eagle watching, Red Wing Pottery, lunch at Slippery's and more! We're leaving bright and early, and will enjoy a roll and juice on the bus. February is the best time of year to visit the National Eagle Center in Wabasha. We'll learn all about eagles through their many displays and a special program. Also experience their Native American exhibits, great views of the river, a gift shop and several observation decks with spotting scopes (or bring your own binoculars). An Eagle Handler will also give us a special educational program with one of the five resident eagles. Bring your camera for an up close picture of this magnificent bird (or have a photo taken of you and the bird together!) Then we head across town for lunch at Slippery's. This restaurant was featured in the Grumpy Old Men movies and, with a view of the river, is a local favorite. We'll enjoy a Garlic Crusted Chicken Dinner, complete with Vegetable, Potato, Roll, Strawberry Short Cake and your choice of coffee or pop (alcoholic beverages are available on your own). Then it's up to historic Red Wing. We'll stop at the Pottery Mall and enjoy a short tour and demonstration about the history of pottery. Shopping time, too! Then it's back on the bus for a snack and a relaxing ride home.

Sign Up: Begins at 9:00 on Monday, Jan. 4

Cost: \$44.00 (includes lunch, tours, admission & bus)

Payment Deadline: Friday, January 29

Bus: Departs 8:15 a.m./Returns approximately 6:00 p.m.

LADIES SECRET PARTY

THURSDAY, FEBRUARY 18

It's time for some shopping. See the best place to find designer accessories at wholesale prices. What's the secret? No one will ever know how little you spent. Our Little Secret, located in Richfield, is a designer accessories boutique, and is the loving creation of Minnesota's own, Nancy Nelson. Known worldwide for her work on television and infomercials, Our Little Secret is the result of decades of television sales and contacts. There are thousands of items... purses, belts, scarves, jewelry, unique home décor and so much more. Enjoy a fun, private shopping party with refreshments and a visit from Nancy Nelson. Shop 'til you drop and then enjoy a leisurely four-course tea at McHattie's Victorian Times. The first course is a scone with cream, followed by either soup or a salad, main course and dessert. The restaurant is housed in a renovated farm built on land that originally belonged to the first settlers of Woodbury. Pamper yourself on this special day.

Sign Up: Begins at 9:00 on Monday, Jan. 4

Cost: \$42.00

Payment Deadline: Friday, February 5

Bus: Departs at 8:45/Returns at approxi-

mately 2:45 p.m.

PLYMOUTH PLAYHOUSE PRESENTS

"HOW TO TALK MINNESOTAN"

WEDNESDAY, FEBRUARY 24

Minnesota's favorite "homegrown musical" is back by popular demand! Enjoy the show and let the Humde family and friends at the Lost Walleye Lodge

teach you the fine art of talking' Minnesotan. Learn the positive power of the negative, accepting food on the third offer and the basic lessons—"you bet," "whatever," and "that's different." It is hilarious fun that is guaranteed to make you laugh out loud! Our day starts out with the popular buffet dinner at the Green Mill Restaurant (in the same building), and includes Baked Chicken, Cole Slaw, Mashed Potatoes, Jell-O, Corn, Dessert and Beverage. Then move to the theater, sit back and enjoy the show.

Sign Up: Begins at 9:00 on Monday, Jan 4 Cost: \$ 50.00

Payment Deadline: Wednesday, February 10 **Bus**: Departs 11:00 a.m./Returns 4:30 p.m.



PERKINS IN FRIDLEY

MONDAY, JANUARY 11

Join us as we head to Perkins in Fridley for a tasty breakfast! Cost of the meal is on your own. Take this opportunity to ride our bus for \$1.50, or feel free to meet the group at 8:30 a.m. at the restaurant. Either way, please register by calling (763) 767-6473. Sign up begins at 9:00 a.m. on Monday, January 4.

OUT TO DINNER

PADDY WAGON'S

MONDAY, FEBRUARY 22

Enjoy American fare with Irish flare. Choose from a variety of menu items including ribs, steak, prime rib, pizza, soups, salad. Our bus is available to pick you up for \$3.00 or meet at the restaurant by 5:00 p.m. The address is 133 Coon Rapids Blvd. NE. Please indicate your preference at the time of registration. The meal, tax and gratuity are paid for on your own. Sign up begins at 9:00 a.m. on Monday, January 4 either in person or by calling (763) 767-6473).

COMMUNITY EVENT

"THE CLASSICS"

Dinner Show & Sinatra Era Music SATURDAY, JANUARY 30

At Anoka's Green Haven Golf & Banquet Center

Enjoy a Vegas-style show accompanied with a great dinner at the Green Haven Golf & Banquet Center on



January 30 at 5:30 p.m. Sponsored by the Anoka Lioness Club. To purchase a ticket or for more information call Goldie Taber at 763-421-6839 or Michelle Olson at 763-576-2968.

CASINO TRIPS!

JANUARY CASINO TRIP MYSTIC LAKE CASINO

IN PRIOR LAKE, MN FRIDAY, JANUARY 22

Sign Up: Begins at 9:00 on Monday, Jan. 4

Cost: \$5.00 (Sorry, no cash back)

Payment Deadline: Monday, January 11 **Bus**: Departs at 9:00 a.m./ Returns 4:00 p.m.

FEBRUARY CASINO TRIP ST. CROIX CASINO

TURTLE LAKE, WISCONSIN MONDAY, FEBRUARY 8

Sign Up: Begins at 9:00 on Monday, Jan 4

Cost: \$6.00 (includes \$5.00 back at casino, bus

and casino escort)

Payment Deadline: Friday, January 29

Bus: Departs at 9:00 a.m./ Returns 4:00 p.m.

WE MAY STILL HAVE OPENINGS!



Remember, if you miss the sign up date, it might not be too late. We often still have openings! Just call us at (763) 767-6473 for more information.



• <u>Saturday</u>, <u>January 30—Stay Warm at the Chili and Hot Dog Feed at Epiphany!</u> The Epiphany Knights of Columbus are sponsoring a chili feed from 4:00-8:00 p.m. All net proceeds will go to local food shelves. Bring in a nonperishable food item and the price is reduced by \$1. Includes chili, corn bread, hot dogs and salad.

<u>Saturday, January 30 – Snowflake Days SnoBall</u>: Get ready for a hot time dancing the night away. Sponsored by the Coon Rapids Rotary Club. Cost is \$15.00 per person or \$25.00 per couple. Held at The Seasons at Bunker Hills from 7:00—11:00 p.m. Live music by the Tony Garry Band. Hors d'oeuvres, punch and coffee will be served. Cash bar. Tickets can be purchased after Tuesday, January 19, at the Senior Center or at the Hi-Ten Service Center on the corner of Hanson and Coon Rapids Blvds.

<u>Thursday</u>, <u>February 4—Rotary Club Spaghetti Dinner</u>: Benefits local youth activities. Held at the Coon Rapids High School from 5:30—7:00 p.m. Tickets sold at door. \$5 for adults and \$3 for children under 10.

<u>Sunday</u>, <u>February 7 – Belgian Waffle Breakfast</u>: Warm up with an all-you-can-eat Belgian Waffle Breakfast, complete with sausage, juice and coffee. Served from 8:00 a.m. to noon at the Coon Rapids VFW. Sponsored by the Coon Rapids North Star Lions Club. Tickets are \$6.00 per person and can be purchased at the door or in advance at the Senior Center after Tuesday, January 19. Kids 5 and under are free. All proceeds go towards Snowflake Days events.

Thursday, February 4 - Snowflake Fest at the Senior Center: Live entertainment, games, prizes and more for seniors! Meet Senior Royalty Roger & Jeanne Wolfgram. Fun begins at 11:00 a.m. You might win a Cub gift card grand prize or other silly prizes. Event sponsored by KleinBank of Coon Rapids. If you would like to stay for the noon lunch, please call (763) 767-6524 before Monday, February 1, to make a reservation. Entertainment, games, prizes and meal all for just \$3.50 (payable at the door).

Tuesday, February 9 - Snowflake Bingo at the Senior Center: Seniors are welcome to join us at 10:30 a.m. for free Bingo with prizes and a Culvers frozen treat. Sponsored by Culvers Restaurant of Coon Rapids. Call (763) 767-6473 to reserve a spot.



Minnesota Safety Council DEFENSIVE DRIVING COURSES

Consumers 55+ years of age with a valid driver's license can receive a 10% automobile insurance discount for 3 years by attending a MN Safety Council Defensive Driving Course. Anyone taking the course for the first time must attend an 8-hour session. Others may take a shorter, 4-hour refresher course every three years. Call for a reservation form. Registration and payment must be received 2 weeks prior to the class. Plan ahead! These classes fill up early. Call (763) 767-6473 to register.

4-HOUR REFRESHER COURSE: \$18.00

Monday, February 8: 10:00 a.m.-3:00 p.m. Mondays, February 22: 5:30 -9:30 p.m. Mondays, March 15: 10:00 a.m.-3:00 p.m. Monday, March 22: 10:00 a.m.-3:00 p.m.

8-HOUR COURSES: \$20.00

Mondays, March 1 & 8: 5:30 -9:30 p.m. Mondays, May 3 & 10: 10:00 a.m.—3:00 p.m.

BOOK CLUB

Our Book Club usually meets the 4th Thursday of the month at 10:30 a.m. After the meeting, lunch at a local café is optional. No sign up needed. Everyone is welcome to join us!



January 28: "1984" by G. Orwell

February 25: "The Lottery" by P. Wood

March 25: "The Shack" by Young

April 22: "Prayers for Sale" by S. Dallas

JANUARY TEA TALK St. Paul Winter Carnival Wed., January 13 at 1:30 p.m.

In 1885 a New York reporter wrote that St. Paul was "another Siberia, unfit for human habitation" in winter. Offended by this attack on their Capital City, the St. Paul Chamber of Commerce



decided to not only prove that St. Paul was habitable but that its citizens were very much alive during winter, the most dominant season. Thus was born the St. Paul Winter Carnival. Moira Harris is the author of *Fire and Ice: The History of the St. Paul Winter Carnival*. She will share stories about the Royal Family, the Vulcans, the Medallion Hunt, the Ice Castles and much more. Moria will also bring memorabilia from the "coolest celebration around". Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, January 6.

FEBRUARY TEA TALK POLAR BEAR POSSIBLITIES

Wed., February 10 at 1:30 p.m.

Revered in native cultures, largest of the marine mammals, devoted mothers, serve "jail" time, and possibly the first large mammal to become extinct due to global climate change. Polar bears are all these things as you will discover when you join us for a slide presentation. We will explore how polar bears compare to other bear species, their adaptations to the far north, their hunting life, and how Native Cultures have related to them throughout time. Melonie Shipman was an Environmental Educator for a

National Wildlife Refuge in Alaska and has many interesting stories about polar bears. Refreshments will be served after the presentation. The cost is \$3 and the payment deadline is Wednesday, February 3.



LIFELONG LEARNING

How about learning something new? <u>Sign up</u> by calling the Senior Center at (763) 767-6473. For planning purposes, it is very helpful if you register for these presentations, even if they are free.....THANKS!

"WAKE UP WITH 'BEST BUY' IN BLAINE" ON MONDAY, JANUARY 25 OR TUESDAY, FEBRUARY 2 FROM 8:30 A.M.-10:00 A.M. - Spend the morning with us to learn about new, fun technology to inspire your life. Coffee and refreshments will be served! Sign up at the Senior Center. (CHOOSE ONE DATE; LIMITED SPACE). Drive on your own and meet at the store. The address is: 10985 Ulysses St. NE. Blaine. (Near the intersection of 109th Ave NE and Central).

"CUPID'S CANDIES" ON WEDNESDAY, JANUARY 27 FROM 1:30-2:45 P.M. Judy Vermeulen, owner of *Sweet Wishes*, will teach this fun class just in time for Valentine's Day. Learn how to make your own sweet creations such as: chocolate caramel truffles, drizzled pretzels, molded chocolates and other delicious candies. Each participant will make their own sample of all candies demonstrated. Recipes and all supplies will be provided. The cost is \$15.00 per person and must be paid by Friday, January 15.

"COMMON MISTAKES IN GENEALOGY RESEARCH" ON THURSDAY, JANUARY 28 AT 1:00 P.M. Learn how to evaluate your data. Is it accurate? What should you look for? The cost is \$5.00. Payment deadline is Wednesday, January 21.

"QUILT CLASS" ON MONDAYS, FEBRUARY 22 & MARCH 1, FROM 10:00 A.M.—NOON—Instructor Karen Beckwith will teach all the steps of quilting (cutting, piercing, machine quilting and binding). At the end of the two sessions, you will have a lovely Nine Patch Wall Hanging (or table topper). Call or stop by for the short Supply List,. Please provide your own sewing machine, if possible. If you don't have one, please call the office and talk to Kris and one will be provided for you. Cost of the class is \$25.00 and needs to be paid before Friday, February 12.

'GET A MOVE ON!' THURSDAY, JANUARY 28 AT 1:00 P.M.: Are you thinking of making a move from your home of many years? Wondering if you qualify for the \$6500 or \$8000 tax credit? Should you rent or buy....what are the different housing options for seniors in the local area? It can be overwhelming, but this free seminar will be just the help and motivation you've been looking for. Mary Wells, Senior Housing Specialist/Realtor of Keller Williams Classic Realty will share information on the tax credits that are available and the state of the current real estate market. She will also introduce you to the different rental options (apartments, townhomes) and ownership options such as cooperatives, single level townhomes & condos in the local area. Treats and coffee, too! No cost.

ENERGY ASSISTANCE PROGRAM

Winter is here and so are the high heating bills! The Energy Assistance Program is designed to assist low-income households with energy costs during the winter months. Families, single people and seniors can apply if they meet the eligibility guidelines. If your gross income is less than \$5,423 for 3 months for one person or \$7,092 for 3 months for two people, you could qualify for a credit on your energy bill. Applications are processed on a first-come, first-serve basis and are generally processed within 30-60 days. Call 763-783-4712 to request an application or receive assistance in filling out the form.



JANUARY 2010

Mon		Tue		Wed		Thu		Fri	
	ress.	SON ON O		2000 TO 1000 T	£0,03			CENTER CL	.OSED
Exercise Quilting Dining Bingo Chess Creative Writers Def.Driving	9:00 10:00 12:00 12:45 12:45 1:00 5:30	5 AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Shopping-Cub Cribbage	9:30 9:30 10:00 10:00 12:00 12:45 12:45 1:00	Happy Feet Vets Coffee Exercise Blood Pressure Stamping Club Dining 500 Cards Bunco Good Neighbors	9:00 9:00 9:00 10:00 10:00 12:00 12:45 12:45 1:00	7 Crochet & Knit Dining Bingo Dominoes Woodcarving Pinochle No Goldentones	10:00 12:00 12:45 12:45 1:00 1:00	8 Exercise For Art's Sake Plymouth Playhouse Dining Hand & Foot Super Sr. Club No Yoga	9:00 9:30 11:00 12:00 12:45 1:00
Breakfast Bunch Exercise Def. Driving Quilting Dining Bingo Chess Creative Writers	8:30 9:00 10:00 10:00 12:00 12:45 12:45	AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage	9:30 10:00 10:00 12:00 12:45 1:00	Vets Coffee Exercise Blood Pressure Stamping Club Dining 500 Cards Bunco Good Neighbors Senior Dance Tea Talk	9:00 9:00 10:00 10:00 12:00 12:45 12:45 1:00 1:30	Crochet & Knit Bingo Conversational Spanish Woodcarving Pinochle No Parkinsons Support Gr	10:00 12:45 12:45 1:00 1:00	Exercise For Art's Sake Dining Hand & Foot No Yoga	9:00 9:30 12:00 12:45
CENTER CLO	SED	AA Meeting Square Dancing Craft Club Stamp Cutting Dining Bridge Shopping-Rainbow Cribbage	9:30 9:30 10:00 10:00 12:00 12:45 12:45 1:00	Andersen Windows Vets Coffee Blood Pressure Stamping Club Bunco 500 Cards Good Neighbors Senior Dance	8:15 9:00 10:00 10:00 12:45 12:45 1:00	Crochet & Knit Dining Bingo Dominoes Woodcarving Pinochle No Goldentones	10:00 12:00 12:45 12:45 1:00 1:00	Exercise Mystic Lake For Art's Sake Dining Hand & Foot No Yoga	9:00 9:00 9:30 12:00 12:45
Best Buy Exercise Quilting Bingo Chess Creative Writers	8:30 9:00 10:00 12:45 12:45 1:00	26 AA Meeting Craft Club Stamp Cutting Dining Bridge Cribbage	9:30 10:00 10:00 12:00 12:45 1:00	Vets Coffee Blood Pressure Stamping Club Birthday Party/Dining Bunco 500 Cards Good Neighbors Cupid's Candies	9:00 10:00 10:00 11:00 12:45 12:45 1:00 1:30	28 Tourco Trip Goldentones Crochet & Knit Book Club Dining Bingo Conversational Spanish Woodcarving Pinochle Genealogy Class Get A Move On	8:00 9:15 10:00 10:30 12:00 12:45 12:45 1:00 1:00 1:00	Exercise For Art's Sake Dining Hand & Foot No Yoga	9:00 9:30 12:00 12:45

FEBRUARY 2010

Mon	Tue		Wed		Thu		Fri	
Exercise 9:0 Quilting 10: Dinner Theater 11: Bingo 12: Chess 12:	00 Tax Assistance 00 Square Dancing 45 AA Meeting	8:30 8:30-12:00 9:30 9:30 10:00	3 Tax Assistance Vets Coffee Happy Feet Exercise Chanhassen	8:30-12:00 9:00 9-3 9:00 10:30	4 Goldentones Crochet & Knit Snowflake Fest Dining Bingo	9:15 10:00 11:00 12:00 12:45	5 Exercise For Art's Sake Dining Hand & Foot Super Senior Club	9:00 9:30 12:00 12:45 1:00
Creative Writers 1:0	O Stamp Cutting Dining Bridge Shopping-Cub Cribbage	10:00 12:00 12:45 12:45 1:00	Blood Pressure Stamping Club Dining Bunco 500 Cards Good Neighbors	10:00 10:00 12:00 12:45 12:45 1:00	Dominoes Woodcarving Pinochle	12:45 1:00 1:00	No Yoga	1:00
Exercise 9:0 St. Croix Casino 9:0 Quilting 10: Defensive Driving 10: Dining 12: Bingo 12: Chess 12: Creative Writers 1:0 Red Cross 2:0	O AA Meeting OO Craft Club OO Stamp Cutting OO Snowflake Bingo 45 Dining 45 Bridge O Cribbage	8:30-12:00 9:30 10:00 10:00 10:30 12:00 12:45 1:00	10 River Town Trip Tax Assistance Vets Coffee Exercise Blood Pressure Stamping Club Dining 500 Cards Bunco Good Neighbors Senior Dance Tea Talk	8:15 8:30-12:00 9:00 9:00 10:00 12:00 12:45 12:45 1:00 1:00	11 Goldentones Crochet & Knit Dining Bingo Conversational Spanish Woodcarving Pinochle Parkinsons	9:15 10:00 12:00 12:45 12:45 1:00 1:00 2:00	Exercise For Art's Sake Yoga Valentines Party Dining Hand & Foot	9:00 9:30 10:15 11:15 12:00 12:45
CLOSED	Tax Assistance AA Meeting Square Dancing Craft Club Stamp Cutting Bridge Shopping-Rainbow Cribbage	8:30-12:00 9:30 9:30 10:00 10:00 12:45 12:45 1:00	Tax Assistance Vets Coffee Exercise Blood Pressure Stamping Club Dining 500 Cards Bunco Good Neighbors Senior Dance	8:30-12:00 9:00 9:00 10:00 10:00 12:00 12:45 12:45 1:00 1:00	Goldentones Ladies Secret Party Crochet & Knit Dining Dominoes Bingo Woodcarving Pinochle	9:15 8:45 10:00 12:00 12:45 12:45 1:00 1:00	Exercise For Art's Sake Yoga Dining Hand & Foot	9:00 9:30 10:15 12:00 12:45
Exercise 9:0 Quilting Class 10:0 Quilting 10:0 Dining 12:0 Bingo 12:0 Chess 12:0 Creative Writers 1:0 Out To Dinner 5:0 Defensive Driving 5:3	OO AA Meeting OO Craft Club OO Stamp Cutting 45 Dining 45 Bridge O Cribbage	8:30-12:00 9:30 10:00 10:00 12:00 12:45 1:00	24 Tax Assistance Vets Coffee Exercise Blood Pressure Stamping Club Plymouth Playhouse Birthday Party/Dining 500 Cards Bunco Good Neighbors	8:30-12:00 9:00 9:00 10:00 10:00 11:00 11:00 12:45 12:45 1:00	Goldentones Crochet & Knit Book Club Dining Bingo Conversational Spanish Woodcarving Pinochle	9:15 10:00 10:30 12:00 12:45 12:45 1:00 1:00	Exercise For Art's Sake Yoga Dining Hand & Foot	9:00 9:30 10:15 12:00 12:45

9

Over 60 or an adult with a disability?

ACCAP CHORES & MORE

YOUR ONE STOP SHOPPING FOR:
MINOR HOME REPAIRS *
HOUSEKEEPING
SEASONAL CHORES

- Snow Removal
- Lawn Mowing
- Spring & Fall Clean-up

CALL ANN at (763) 767-6521



SENIOR DANCES

LIVE MUSIC

COON RAPIDS AMERICAN LEGION

2ND & 3RD WEDNESDAYS!

> 1:00-4:00 p.m. \$5.00/Person

For Information Call 421-6260 or 755-5787



HAPPY FEET FOOT CARE SERVICES

Did you know that on the first Wednesday of each month we have foot care services? This is by appointment only. The service is provided by "Happy Feet Foot Care" and includes a foot soak, toe nail trimming and care for corns or calluses followed by a lotion massage. Please bring your own towel. The fee for service is \$30.00 Per visit. Please pay the nurse at the time of service. Checks should be made payable to Happy Feet Foot Care, Inc. Please call them directly at (763) 560-5136 for an appointment.

HEALTH INSURANCE COUNSELING

The Health Insurance Counseling Program of Anoka County offers assistance to Anoka County residents with Medicare, choosing or changing a supplement, prescription drug options, Medicare bills, Medical Assistance Programs, and more. Counselors are available in Coon Rapids on the first Tuesday morning of each month by appointment only. For information or to schedule an individual appointment with a trained and certified volunteer health insurance counselor, call Kristin at 763-422-7528. The Health Insurance Counseling program is made possible by the Metropolitan Area Agency on Aging and Anoka County and is not affiliated with any insurance company.

E-NEWSLETTER

You can receive our newsletter by e-mail. This insures that you will get it quickly and saves us paper and postage. Just call our office and let us know your address!

VOLUNTEERS NEEDED AT CAMILIA ROSE

Camilia Rose Nursing Home needs Volunteer Receptionists to help them over the weekends. Duties include greeting visitors and answering phones in



their main lobby. If this position doesn't sound like a perfect fit, there are several other positions available, too, such as assisting on day trips, helping out at activities on-site and more! For more information, please call Cathy Genzer at (763) 755-8400.

WE'RE IN STITCHES!

Stop by our Knit/Crochet group on Thursday mornings at 10:00-11:45 a.m., in the Arts & Crafts Room. Bring your own project or our ladies can teach you enough tips to get you started.



IN OUR THOUGHTS. We extend our thoughts and prayers to the friends and family of who passed away recently including Phylis Carlstad, Elizabeth Helm, Agnes Mallery, Donald Nelson, Dick Shields and Marjorie Simenstad.

DID YOU KNOW?

Thanks to the City of Coon Rapids, our public restrooms now have push-button, automated doors!

CRAFTERS WANTED

Our Tuesday morning craft group is looking for help in making items to sell at the gift shop. Supplies are available at no cost. Items are then donated to the gift shop and proceeds from the sales are distributed to different charities. Coffee, treats and good company, too. It is fun and for a good cause! No need to sign up. The group meets in the Arts & Crafts Room on Tuesday mornings at 10:00-a.m.

SPANISH CHAT GROUP 2ND & 4TH THURSDAYS AT 12:45 P.M.

Hola. ¿Habla usted español? Do you know a little Spanish and would like to try to keep in practice? Join this informal chat group as they try to keep up with what conversational Spanish they know and brush up on their skills. First session is Thursday, January 14. No cost and no reservation needed. Held in Conference Room #5 (behind Gift Shop)

NEW ACTIVITY

CHESS ANYONE?

MONDAYS AT 12:45

Have fun and keep your brain sharp when you join our new Chess Club! Beginning Monday,

January 11, we'll meet Mondays at 12:45 p.m. in the Rec Room. It would be helpful if you could bring a chess set with you. No need to sign up. Just come on in and join in the fun!



WE SUPPORT OUR MILITARY!

The Super Senior Club, and project coordinator Ann Lund, have sent more than 205 care packages to our military overseas! Here is a thank you note from one of the grateful recipients:

Thank you for taking the time to prepare and mail a package to me. Mail is one of the biggest morale boosters we have here in Iraq.

A little bit about me. I have been in the MN National Guard for almost 29 years and hold the rank of Sergeant Major. This is my second deployment to Iraq and third deployment since 2003. My first deployment was to Kosovo in 2003-2004, second was to Iraq, not far from where I am currently stationed and that was from October 2005 to September 2007. This deployment is from February 2009 to February 2010.

My good friend Doug placed me on a mail list and that must be how I ended up being lucky enough to be receiving your packages. Most of the treats are shared with my small group of soldiers and we all appreciate everything that comes.

Thanks again, Jeffrey M. Karna

CIVIC CENTER AVAILABLE TO RENT

Did you know that you can rent the Coon Rapids Civic Center for special events such as anniversary parties, holiday celebrations, graduations parties and even wedding receptions? For more information call Nan, the Facility Coordinator, at (763) 767-6522.

2009 BAZAAR

Refreshments	\$62.25
Baked Goods	\$301.65
Raffle	\$376.00
Crafts	\$653.00
Books-Jewelry	\$250.45
Aunt Mary's Attic	\$347.00
Silent Auction	\$115.65

TOTAL \$2,106.60

The lucky winner of the Quilt Raffle was Donna Zemlicka. Congratulations!

Many thanks to ALL who so graciously gave of their time and talents to make this a successful venture!



GIFT SHOP

Do you need a special gift for that special someone? The Super Senior Club Gift Shop is open Monday thru Friday from 10:00 a.m.—Noon. They

have lots to choose from! Popular items include embroidered dish towels, used jewelry, crocheted baby items, afghans and knick-knacks. Proceeds benefit local charities such as the food shelf and a college scholarship. Stop by!



DRIVE CAREFULLY

Please use caution when driving in our parking lot. If possible, please leave the best parking spots for those who need them most. <u>Drive slow</u> and, always remember, that pedestrians have the right of way. Be safe!

SUPER SENIOR CLUB

LETTER FROM THE PRESIDENT

Greetings from the Coon Rapids Super Senior Club,

We had 41 members at the November 6th meeting. Our entertainment was the Treble Tones. They are very entertaining.

Our entertainment for the meeting on January 8th will be Bill Cagley. Our entertainment for the February 5th meeting will be Mark Kreitzer. I am sure you will find them both very enjoyable. Come join us. If you like what you see and hear, then you can join the Super Senior Club for a mere \$7.00 per year.

I wish to thank LaVonne Hayes, Jolene Johnson and Dottie Lund for bringing cakes for the November meeting.

There will be no December meeting because of the VFW Annual Dinner. I hope that you signed up for the VFW Dinner because I am sure that you will enjoy the entertainment of Betty Rydell.

I wish to thank Verna Dentz, Debbie Riddell and Nancy Thorson for offering cakes for the January meeting. I wish to thank Gloria Waskey, Elaine Sutherland and Margie Rosendahl for offering cakes for the February meeting.

Don't forget, we still need donations for the boxes for the service personnel overseas. It can be in the form of merchandise or money to help pay for the postage. If you wish to contribute, please contact Ann Lund. Thank you.

I hope you all have a Happy New Year and a Happy Valentine's Day.

As always,

Forest Fout,, Acting President

WHAT IS THE SUPER SENIOR CLUB?

For over 30 years, the Coon Rapids Super Senior Club has offered its members additional opportunities for entertainment, education, community service, sociability and friendships. <u>Club membership is NOT required to take part in other activities at Coon Rapids Senior Services or Senior Dining</u>. For the annual dues of only \$7.00, members can attend a meeting at 1:00 p.m., on the first Friday of each month at the Coon Rapids Civic Center. After a short business meeting, there is live entertainment and yummy refreshments. The SSC also runs the gift shop, holds an annual bazaar, makes numerous donations to various non-profit organizations and offers many volunteer opportunities. (including officer positions). Membership is also not limited to just Coon Rapid's residents and is open to those 55 or over and spouses of any age. If you are interested in being a member, please feel free to attend our next meeting. We'd love to have you join us.

COON RAPIDS SENIOR DINING



OPEN: 8:30 A.M.—1:00 P.M. MONDAY—FRIDAY

LUNCH SERVED AT: 12:00 NOON

SUGGESTED DONATION: \$3.50(with NAPIS form on file)

(Under 60 yrs old is \$6.50)

CALL: (763) 767-6524 by noon, two business

days in advance, for a reservation.

Current NAPIS form must be on file to eat.



VALENTINES DAY PARTY

FRIDAY, FEBRUARY 12

Wear some red or pink, listen to old love songs and enjoy a delicious meal. Be seated by 11:15 a.m. to enjoy the Goldentone's performance! At noon we'll enjoy a tasty lunch including Spaghetti and Meatballs with Marinara Sauce and Parmesan Cheese, Italian Blend Vegetables, Diced Peaches and Pears, French Bread and Raspberry Gelatin with Topping. Dinner is \$3.50 payable at the door. Seating is limited, so please call (763) 767-6524 and make your reservation soon!



LENT ALTERNATIVE MEALS

During Lent, all of our Friday menus include a meatless, alternative meal. Please make your request when you make your reservation.



BIRTHDAY CELEBRATIONS

Wednesday, January 27: MARCY SPARKS (Sing-along)
Wednesday, February 24: DALE KESSLER (Accordion Oldies)

Everyone is welcome to join us as we celebrate birthdays! When you sign up, please specify which month's birthday celebration you are registering for! Live entertainment begins at 11:00 a.m. Then we'll enjoy a delicious meal including Birthday Cake with Ice Cream. Yummy! Our Birthday guests will get to put their name in a drawing, too. Thanks to Culvers of Coon Rapids and Dean's Foods for donating prizes. All this for just \$3.50! Everyone is welcome to join us by making a reservation at least two business days in advance by noon by calling (763) 767-6524. Don't miss out on the fun!

SENIOR DINING MENUS

Complete menus are available at the Senior Center. Stop by and pick one up!

JANUARY FEBRUARY Fri 1 **CLOSED-HAPPY NEW YEAR** Mon 1 **Dinner Theater-See Front Page** Mon 4 Chicken Breast w/Garlic Sauce Tues 2 Beef Ravioli Tues 5 Healthy Baked Fish **Or** (Beef Patty) Wed 3 Chicken Breast w/Garlic Sauce Wed 6 Sliced Pork **Or** (Turkey) w/Gravy Thurs 4 Ham Or (Turkey) w/Fruit Sauce Fri 5 Thurs 7 Ground Beef Stroganoff Meatloaf **Or** (Italian Turkey Loaf) Fri 8 Turkey Burger Mon 8 Baked Herbed Chicken Mon 11 Lasagna Squares w/Chicken Or (Liver & Onion Gravy) Liver w/Onion Gravy **Or** (Turkey Loaf) Veal Cutlet w/Mushroom Gravy Tues 12 Tues 9 Wed 13 Kielbasa **Or** (Chix Patty) Or (Beef Riblet w/ Gravy) Thurs 14 Wed 10 Chicken Wild Rice Casserole Sliced Turkey Fri 15 Thurs 11 Vegetable Barley Soup/Crackers Roast Beef w/Gravy Mon 18 **CLOSED-MARTIN LUTHER KING** and Chicken Salad on Wheat Bun Tues. 19 Meatballs w/Gravy Fri 12 Valentines Day-see page 14 Wed 20 Seafood Alfredo **Or** (Chicken Alfredo) Mon 15 **CLOSED-PRESIDENT'S DAY** Thurs 21 Stuffed Veal Cutlet **Or** (Beef Patty) Tues16 Country Fried Steak w/Gravy w/Onion Gravy Or Chicken Patty w/Gravy Fri 22 Chicken Or (Beef) Chow Mein Wed 17 Healthy Baked Fish w/Lemon Juice Mon 25 Sliced Ham Or (Turkey) in Fruit Sauce **Or** (Seasoned Chicken Breast) Tues 26 Thurs 18 Swiss Steak Turkey Divan w/Broccoli Wed 27 Fri 19 Birthday Meal-Herb Baked Chicken Seafood Or (Chicken) Pasta Salad Thurs 28 Turkey Pasta Salad w/Vegetables w/Vegetables Fri 29 Beef Riblet Or (Chicken Patty) w/Gravy Mon 22 Hot Turkey Sandwich Tues 23 Chicken Fettuccini Wed 24 Birthday Meal-Beef Pot Roast w/Gravy Menus Subject To Change Thurs 25 Salisbury Steak w/Gravy Fri 26 Fish Square w/Tartar Sauce Or (Chicken Nuggets w/ Ranch Dress.)

WE COUNT OUR BLESSINGS!

With a New Year starting, we are reminded to 'Count Our Blessings'! Special thanks to our many dedicated and loyal volunteers who helped us out at our regular Senior Dining lunches and at our big events! Many tasks are done by volunteers, including setting tables, scooping plates, washing dishes, receptionist work, kitchen duties, clean-up and more! Our center is special due to special people like you—-THANKS!

BAD WEATHER?

If the roads are bad, please call before you drive! If we are closed, our phone recording will reflect that cancellation. Be safe!

2010 DESSERT & COFFEE CONCERT SERIES

Concerts begin at 7:00 p.m. at the Coon Rapids Civic Center, 11155 Robinson Drive and are sponsored by the Coon Rapids Arts Commission. Enjoy an evening of splendid music, an exhibit by a local artist, dessert and beverage—all included in the price of admission. Seniors (65 and over) and children (12 and under) are \$5.00, adults are \$7.00. Receive a \$4.00 discount when you purchase all four concert tickets! Advance ticket sales are done at the main receptionist desk in the center of City Hall. Call (763) 767-6493 for additional information.

Thursday, January 14: **THE ELVIS EXPERIENCE** (A Tribute to Elvis)

Thursday, February 11: **TIM PATRICK** (*Sinatra-Style Singer*)
Thursday, March 11: **GREENWOOD TREE** (*Celtic Music*)

Thursday, April 8: **BETTY RYDELL** (*Country*)

COON RAPIDS SENIOR SERVICES (763) 767-6473

PROGRAM SPECIALIST—KRIS NIEBLER
PROGRAM ASSISTANT—CINDY OLSON
CHORES & MORE/SENIOR COMPANION—ANN KUSIE—(763) 767-6521
FACILITY COORDINATOR—NAN MORGAN—(763) 767-6522
SENIOR DINING PROGRAM—MARGARET WEIS—(763) 767-6524

Coon Rapids Senior Services is made possible through the continued support of the City of Coon Rapids.

Coon Rapids Senior Services 11155 Robinson Drive Coon Rapids, MN 55433-3761 PRSRT STD U.S. Postage Pd ANOKA MN 55303 Permit No. 192

ADDRESS SERVICE REQUESTED

LABEL